



Future leaders

JROTC students come from afar to prepare for tomorrow

See p. B-1.



Staff Sgt. David Padilla, 500th Military Intelligence Brigade Public Affairs

Soldiers from the 205th MI Bn., 500th MI Bde., sling load a container to a Chinook during a field training exercise, June 2.

205th MI challenges agility during capstone exercise

CAPT. ROBYN L. BUTTRAM
205th Military Intelligence Battalion
500th MI Brigade

KAHUKU TRAINING AREA — Soldiers from the 205th Military Intelligence Battalion deployed, here, May 29-June 2, to conduct a field training exercise (FTX) designed to validate key unit deployment tasks and to test Soldiers’ warfighting and leadership skills.

The exercise began when the 3rd Bn., 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th Infantry Division, flew 211 Soldiers from Fort Shafter to KTA.

“Flying on a military aircraft to start the FTX provided a more realistic training opportunity, especially for Soldiers

who have only been in the Army for a couple of years,” said Sgt. Regina Dum-lao, Headquarters and Headquarters Detachment (HHD), 205th MI.

In addition to transporting personnel, helicopters also sling loaded two containers of equipment required to establish a Deployable Intelligence Support Element (DISE).

Once on the ground, Soldiers assigned to the Intelligence and Electronic Warfare (IEW) team from Company A, 205th MI, worked quickly to establish classified communications and to employ their Distributed Common Ground Sensor-Army (DCGS-A) systems.

“Our intent was to rapidly establish

communications and to demonstrate the capabilities of the DISE,” said Chief Warrant Officer 4 Robert Knowles, lead IEW technician. “This capstone exercise was a culminating event for our IEW team and demonstrated their agility in meeting the demands of providing connectivity and real-time intelligence analysis in forward locations.”

The sling load operations marked the first time the battalion has conducted a rotary wing movement of the DISE and demonstrated its ability to provide intelligence support in remote locations on short notice.

The exercise also allowed Soldiers to participate in a series of situational training lanes where they performed

Army warrior tasks and applied essential intelligence skills in novel and unexpected ways.

“Every Soldier is a sensor, and throughout this exercise, I want you to use your most important weapon system — your mind,” said Lt. Col. Heidi Urben, commander, 205th MI Bn., addressing her Soldiers. “Get comfortable with uncertainty.”

The content of each lane was kept secret until execution. Soldiers faced tasks ranging from conducting a movement to contact, to eliciting information from local nationals, to navigating leader-reaction course obstacles in extremely challenging terrain.

“It was physically taxing, but we also

grew together as a team as the days went on,” reflected Sgt. Rebecca Gerish, team leader, HHD.

One lane focused on the Sexual Harassment/Assault Response and Prevention (SHARP) program, testing individuals’ knowledge of SHARP reporting procedures, followed by a team-based discussion.

“Until the SHARP lane, I didn’t realize how much I didn’t know when it comes to SHARP reporting procedures. It was a great eyeopener,” said Spc. Jose Rosales, Co. A.

Anonymous feedback summed up the exercise.

“The FTX was awesome. This is why I joined the Army in the first place!”

706th warriors named EOD Team of the Year

Story and photo by
STAFF SGT. RICHARD SHERBA
8th Military Police Brigade Public Affairs
8th Theater Sustainment Command

SCHOFIELD BARRACKS — The best explosive ordnance disposal teams from throughout U.S. Army-Pacific gathered, here, to compete in USARPAC’s EOD Team of the Year competition, June 1-6.

The 303rd EOD Battalion hosted the week-long competition and opened it to all branches of the military, resulting in an additional competing team, a Marine EOD team stationed on Okinawa, Japan.

“We were pleased to determine which team is going to represent USARPAC at the Department of the Army team of the year competition, and we welcomed the opportunity to have our sister services out here,” said Lt. Col. Paul Kopelen, commander, 303rd EOD Bn., 8th Military Police Brigade, 8th Theater Sustainment Command. “The Marine Corps was able to send a team, allowing for the interaction and competition amongst joint services, which is great, especially since (all military services) attend the same school together.”

Marine Sgt. Brandyn Burke, EOD technician, 3rd EOD Co., 9th Engineer Support Bn., 3rd Marine Logistics Group, spoke about the opportunity to compete in the competition.



(From left) Staff Sgt. David Townsend, Sgt. Ryan Essenmacher and Spc. Michael Rooney, all with the 706th EOD Co., 303rd EOD Bn., receive the Army Commendation Medal and first-place win as the U.S. Army-Pacific 2014 EOD Team of the Year during an award ceremony, June 6.

“I really enjoy working in joint service environments. You get to see how other branches do things. You can bounce new or different ideas off each other and learn from one another,” said Burke. “In the future, I hope we can make this a joint service competition, a Department of Defense type of event. We really appreciated

the Army inviting us out here to attend. It was a great opportunity to learn and share knowledge.”

The week showcased the Army’s best EOD teams from Alaska and Hawaii. All teams en-

See EOD A-3

Tripler staffer wins top award

ANA ALLEN
Pacific Regional Medical Command
Public Affairs

HONOLULU — Chief Warrant Officer 3 Deanna Swords is the recipient of the 2013 Professional Medical Logisticians’ Leadership Award.

Swords, chief of Healthcare Equipment Management Branch, Logistics Division, at Tripler Army Medical Center and the Pacific Regional Medical Command, earned the top Army honor for consistently demonstrating an exceptionally high degree of professional excellence.

Swords said she was completely surprised to discover that she was nominated, let alone selected, and says the recognition could not have been achieved without her valuable team members.

“I am extremely proud to be a member of the PRMC/TAMC organization,” said Swords. “Any positive credit I earn is a direct reflection of the solid leadership and teamwork that is present every day. Just to be a part of that team is itself an honor.”

Under Swords’ leadership, her team managed 29 maintenance and services contracts worth more than \$4 million. Through a cost-benefit analysis, she determined that nearly \$1million in service contracts could be deferred for in-house maintenance.

“Chief Warrant Officer 3 Swords continually meets challenges head on with full purpose of duty and has proven to be an extremely versatile member of the Tripler Army Medical Center. She displays a genuine passion for her responsibilities in ensuring the best logistics support is provided,” said Col. Alex Zotomayor, chief of logistics, PRMC and TAMC.

Swords’ accomplishments also directly contributed to Tripler’s successful Joint Commission Survey, the nation’s oldest and largest standards-setting and accrediting body in health care.

“The Healthcare Equipment Management Branch (HEMB) team consists of 47 staff members. We manage planning, acquisition, accountability, repair, contract maintenance and final disposition of medical equipment,” explained Swords. “Over the past year, our team has had incredible success in managing these critical functions, in addition to overhauling many of the processes to optimize our work force and environment. Our objec-



Swords

See TAMC A-3

Army, Coast Guard intel troops share experiences

Story and photo by
STAFF SGT. CHRIS GARVER
8th Theater Sustainment Command
Public Affairs

SAND ISLAND — Intelligence troops from the 8th Theater Sustainment Command recently embraced the characteristics of their water-locked island home by learning from their Coast Guard counterparts during joint training at the Coast Guard Integrated Support Command, here.

The Soldiers visited the Coast Guard to increase their knowledge of threats to the Honolulu Harbor and to learn best practices for gathering information, developing threat assessments and briefing commanders of possible vulnerabilities in the area.

The 15 Soldiers ranged from lieutenant colonels to privates first class and hold a variety of responsibilities in keeping their units informed on port conditions.

The Coast Guardsmen took the Soldiers on a tour of the harbor from their point of view aboard one



Intelligence troops from the 8th TSC tour Honolulu Harbor with their counterparts of the Coast Guard Integrated Support Command, May 29, aboard a small patrol boat. The joint training covered harbor security and intelligence at Sand Island.

of their small patrol boats.

One participant, Sgt. Kurt Matthews, 8th TSC intelligence analyst, provides weekly briefs for the 8th TSC command on what is going on in the Pacific, including possible threats to the harbor.

Matthews said that if called upon to respond to a natural disaster in the region, the unit must be able to rapidly deploy or support, and understand how harbor security impacts that ability.

Honolulu’s harbor features the

largest commercial port on Oahu and serves as the central point for ships importing and exporting goods to the state.

The port is also used for auto carriers and cruise ships. It is off-limits to smaller vessels. Understanding the harbor from this perspective could prove vital in providing critical intelligence about operations that depend on the port’s security, Matthews said.

“We are the only game in town within 2,500 miles,” said Lee Harvey, Coast Guard intel analyst, Honolulu Sector, who analyzes traffic in the harbor. “We know who comes through the port, but sometimes we still face potential security threats.”

“Large ships have to give the harbor 96 hours notice. We will know who they are, how many crew members are on board and where they are coming from,” Harvey explained.

At the end of the morning together, the two groups had built a foundation for future training.



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Police Call

DES highlights installation parking policy

Violation tickets rising

COL. MARK JACKSON
Director, Emergency Services,
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

The Directorate of Emergency Services would like to remind motorists of policies regarding vehicle parking across U.S. Army Garrison-Hawaii.

Unless otherwise directed by law enforcement personnel or the direction of an official traffic control device, all vehicles park only in marked parking spaces and adhere to posted time limits.

Failure to adhere to the directives outlined in USAG-HI Policy Memo 14 may result in an issuance of a DD Form 1408 (an Armed Forces Traffic Ticket) or a

District Court Violation Notice by the Military Police.

Over the course of one week in May, DES issued 29 tickets for parking violations alone.

USAG-HI Installation Policy Memo 14 (Parking on Army Installations on Oahu) describes specific restrictions on parking. Restrictions include, but are not limited to, parking a motor vehicle on a sidewalk, in a crosswalk, in front of a driveway, in areas with no marked vehicle spaces, in any grassed or seeded areas, and within 20 feet of a



Jackson

fire hydrant, crosswalk, bus stop or intersection.

DES would also like to emphasize that parking spaces marked “VISITOR” or “CUSTOMER” are reserved for bona fide visitors or customers of adjacent activities/offices and are not authorized for use by personnel assigned to work in those areas.

Additionally, Island Palm Communities’ housing parking areas are for residents and their guests, only, as outlined in IPC housing guidelines.

As the memo applies to military organizations, reserved parking spaces are marked properly and cannot constitute more than 20 percent of the parking lot as a whole.

Availability of parking is an ongoing issue across USAG-HI, just as it is on the

Parking Policy

For more details on parking, refer to Policy Letter 14 at www.garrison.hawaii.army.mil/command/documents.htm.



island of Oahu as a whole. There are approximately 13,400 parking spaces on Schofield Barracks. However, the number of vehicles on the installation at any given time often exceeds that number.

DES is currently conducting a study, with subsequent analysis, on this issue, to assist our community. We ask for your patience and compliance as we work to identify a mitigation strategy for vehicle parking on the garrison.

BRIDGING THE BASICS

Effective training calls for different techniques

SGT. 1ST CLASS SHAWN C. STEVENSON
U.S. Army Health Clinic-Schofield Barracks

I have had the opportunity to take some of the lessons learned from my past assignment as an Advanced Individual Trainer and Advanced Leadership Course phase three instructor and apply these into my new role as a non-commissioned officer in charge for my department.

I lead and train my junior NCOs to conduct the weekly Sergeant’s Time Training, which is a direct reflection of the teaching styles I learned as an instructor. This training is one of the fundamental soldiering techniques that we employ here at the U.S. Army Health Clinic-Schofield Barracks.

Sergeant’s Time Training provides a forum where our more experienced leaders can coach and mentor our new generation of leaders, thereby bridging the basics.

My motto as an instructor was “there are no dumb questions. The only dumb question is the one you don’t ask.” This fact implies you need to make your Soldiers comfortable enough to approach you and ask their questions.

My experience as an instructor afforded me many learning opportunities I was able to pass on to my students. I learned different styles and methods of instructing that allowed me to get the material across to students with various learning styles.

All Soldiers learn differently. In fact, some are audio learners, others visual, some tactile and many are a combination of the three. As leaders, we need to know what the best method is for each of our Soldiers so that we can

tailor group or individual training accordingly.

For those who have attended an NCO Education System course lately, hopefully, you have noticed that there are a lot of group work activities and hands-on scenarios. This type of training forces leaders to think creatively and forces them to start thinking outside the box on various topics.

The Army has learned that there is a large amount of value in this type of learning. The days of “death by PowerPoint” are coming to an end. Not all Soldiers can sit through a briefing and understand the intended message, but if you engage your Soldiers and make them part of the event, they are more likely to comprehend the content being delivered.

This method in turn boosts Soldiers’ confidence in their leadership, and they are more likely to emulate. The training that we do as leaders can have a dynamic and positive long-lasting influence on those whom we lead.

As leaders, we can never stop learning and evolving. Most importantly, we owe our Soldiers that extra training and attention to make them the best that they can be. There is always something new to learn or another “trick” to add to our “tool bag” to help us train our Soldiers.

By renewing leader emphasis on the basics of drill and ceremonies, customs and courtesies, and Sergeant’s Time Training, we can rest assured that our future leaders will continue the traditions that made us the most adaptable and powerful Army in the world.

(Editor’s note: Stevenson is the senior enlisted leader for the USAHC-SB Radiology Department.)



Stevenson

DOD announces return of sites to host nations in Europe

ARMY NEWS SERVICE
News Release

The Department of Defense announced that it will fully return 21 sites to their host nations in Europe.

This return is part of U.S. European Command’s (USEUCOM’s) continued effort to remove nonenduring sites from its real-property inventory and focus more resources on other U.S. European Command mission requirements.

These minor, nonoperational infrastructure adjustments were vetted under the European Infrastructure Consolidation review. None of these adjustments

affects existing force structure or military capabilities.

Visit www.HawaiiArmyWeekly.com to see the complete list of closures.

In Germany

U.S. Army Garrison Bavaria

- Frechetsfeld Radio Site, Grafenwoehr, Germany, no longer required.
- Garmisch Golf Course, Garmisch, Germany, no longer required.
- Breitenau Skeet Range, Garmisch, Germany, no longer required.
- Gen. Abrams Hotel and Dispensary, Garmisch, Germany, no longer required.

U.S. Army Garrison Wiesbaden

- Wiesbaden Recreation Center, Wiesbaden, Germany, no longer required.
- Fintherlandstrasse Family Housing, Mainz, Germany, no longer required.
- Weisskirchen AFN Transmitter Facility, Wiesbaden, Germany, no longer required.
- Kastel Housing Area, Mainz-Kastel, Germany (2016), no longer required.

U.S. Army Garrison Rheinland-Pfalz

- Hill 365 Radio Relay Facility no longer required.
- Heidelberg AFN Relay Facility no

longer required.

- Sambach AFN Facility no longer required.
- Three Sembach Water Well Sites (Enkenbach Water System Annex #1, Neukirchen Water System Annex #1, Niedermehlingerhof Water System Annex #1) no longer required.
- Giessen General Depot (previously announced for closure).
- The Giessen General Depot will no longer be required once the AAFES Distribution Center relocates. The move to Gernersheim Army Depot will add this activity to the USAG Rheinland-Pfalz.

Voices of Ohana

Father’s Day is June 15.

“What is the most useful piece of advice your father has given you?”

Photos by 94th Army Air and Missile Defense Command Public Affairs



“My father has always brought joy into my life and has always stressed the importance of a great sense of humor.”

Pvt. Michael Blair
Interface operator,
94th AAMDC



“My dad taught me to make good decisions throughout my life so that I can get to somewhere good.”

Tim Karbler
Son of Brig. Gen. Daniel Karbler,
commander,
94th AAMDC



“My father taught me the importance of honesty and responsibility, and how hard work will help you get places.”

Spc. Lisa Novak
Paralegal,
94th AAMDC



“Integrity, a value I hold most dear; to hold myself accountable and always be honest.”

Spc. Joseph Paulino-Wood
Training room specialist,
94th AAMDC



“My dad told me you have to fail once in awhile to succeed, because how else will you know what your weaknesses are?”

Spc. Christina Williams
IT specialist,
94th AAMDC

8th TSC demonstrates HAST abilities

Story and photo by
SGT. 1ST CLASS MARY FERGUSON
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — More than half the people in the world call the Pacific region home, and history reflects extremely high odds that each of their lives will be impacted in some way by a natural disaster.

Typhoons, tsunamis, earthquakes, cyclones, floods and mudslides characterize the region’s past and realistically loom over its future, creating a constant need for readiness and partnership across the massive theater.

“At the most basic level, we’re all humans, and we want to be prepared and able to help other humans in distress,” said Col. John Ellis, the officer in charge of the 8th Theater Sustainment Command’s newly formed Humanitarian Assistance Survey Team (HAST).

Ellis joined the HAST’s primary and alternate members for a validation exercise, here, June 2-6, to assess the team’s ability to self-sufficiently deploy, and survey and facilitate requested humanitarian assistance throughout the region within 12-24 hours of notification.

The exercise’s immediate goal was to prepare the team for its first three-month rotation as U.S. Army-Pacific’s (USARPAC’s) primary on-call HAST element, but the week’s natural disaster response scenario also allowed the TSC to work its Early Entry Command Post (EECP) infrastructure and expeditionary capabilities.

Although designed to be small, with no more than 20 personnel, the team still offers full-spectrum expertise in communications, intelligence, medical, logistics planning, public affairs, aviation, ordnance, contracting, operations, protection, engineering, military police, and chemical, biological, radiological and nuclear situations.

If a country in the region requires humanitarian assistance and/or disaster relief efforts, and its government requests help through the U.S. embassy and the U.S. Agency for International Development, those organizations may turn to the military for specific needs, Ellis said.

“8th TSC is equipped with unique capabili-



Soldiers of the 8th STB, 8th TSC, raise the HAST command post before establishing a communication network at Schofield Barracks in support of a simulated disaster in Indonesia. HAST’s modular capability is designed to be fast and agile.

ties that could prove critical in assisting to ease human pain and suffering, and help restore and improve conditions to our neighbors in the Pacific in these situations,” he said. “We’re in a premiere position to respond, and the HAST is tailorable and can adapt.”

During the five-day event, the group received a request to provide support in the aftermath of a fictional earthquake in Indonesia. Members conducted alert and recall procedures and completed individual Soldier Readiness Processing. A separate push-element, made up of Soldiers from the 8th Special Troops Battalion, simultaneously loaded the team’s prepositioned equipment at Fort Shafter Flats for movement to Schofield Barracks’ Leaders Field, where the HAST members set up their own command post, established a communication network and conducted three days of simulated surveys and assessments related to the scenario.

Lt. Col. Michael Post, the team’s operations lead, said that while the real-world request may call for just a few members, the modular capability of the TSC’s EECP infrastructure allows for an agile mission command that can support up to 30 personnel with immediate life-support, workspace and communication assets to reach back to USARPAC or the TSC.

“It all fits onto a C-17, to include vehicles and containers that house our tents and communication equipment,” he said. “But self-sufficiency means nobody gets to sit back and watch. We all work. We all have to be trained on everything from operating the vehicles and generators and actually setting up the tents, to understanding the larger picture of the mission we fulfill as a HAST.”

Post said that, perhaps just as importantly, the time together allowed them to get to know each other and learn what every member brings.

EOD: Challenge is team competition

CONTINUED FROM A-1

dured a mentally and physically challenging competition that began with a physical fitness test. The teams didn’t stop competing until six days later.

The days were comprised of weapons ranges, physical fitness challenges and fully resourced situational training exercise lanes that evaluated the teams’ tactical and technical skills and overall EOD knowledge.

“It’s a huge privilege just to be selected to compete for team of the year, because it means your company feels you represent the best of the best,” said Sgt. Ryan Essenmacher, EOD team sergeant, 706th EOD Co.

The competition, at all levels, is an EOD team competition. Participants don’t compete by themselves.

“The competition tried to break us down, but that is the whole point. That’s where being a team is so important; it’s not a Soldier or individual event,” said Spc. Michael Rooney, EOD team specialist, 706th EOD Co.

“It was tough both physically and mentally, but you have to push through it as a team. The added pressure of not wanting to let your teammates down makes you compete even harder,” Rooney explained. “You want to be the one helping your teammates and making things easier for the team, and not the other way around. That motivates you to really go all out, all the time.”

EOD Team of the Year

The following teams placed during the competition.

- 1st: 706th EOD Co., 303rd EOD Bn., 8th MP Bde., 8th TSC.
- 2nd: 716th EOD Co., 725th BSB, 4th BCT, 25th ID.
- 3rd: EOD Co., 9th ESB, 3rd MLG (Marine Corps).

‘SPORT’ builds coping skills, resilience to retain leaders

Program seeks to hone healthy skills before the need for intervention

MASTER SGT. KAREN BROWN
U.S. Army Health Clinic-Schofield Barracks

Leadership at all levels is committed to forming a more resilient and healthy force.

The Department of the Army requires resilience training using the Comprehensive Soldier and Family Fitness (CSF2) model for training of basic resilience principles within the force.

Additionally, the Army Surgeon General has developed a wellness-focused Performance Triad campaign, focusing on sleep, nutrition and exercise as a means to gaining a healthy, ready lifestyle.

The U.S. Army Health Clinic-Schofield Barracks (USAHC-SB), in partnership with the garrison and the 25th Infantry Division, developed a prevention-focused program pulling from both CSF2 and the Performance Triad. The Soldier Performance and Operational Resiliency Training (SPORT) program will provide a prevention-focused, two-week psycho-educational course integrating CSF2, physical training and behavioral health education and skills.

“The program is a tremendous opportunity for the right individual to spend two weeks learn-



ing how to be a more effective and efficient Soldier,” said Dr. Jesse Michel, SPORT trainer.

SPORT isn’t a treatment program. It acts as a prevention arm of the larger intensive outpatient program within the USAHC-SB Department of Behavioral Health. The course will afford the Soldiers an opportunity to hone healthy coping skills prior to the onset of issues that may require behavioral health professional intervention.

Commanders are encouraged to nominate Soldiers who are retainable as viable members of the formation. These Soldiers cannot be facing administrative or Uniform Code of Military Justice, or UCMJ actions, or enrolled in the Army Substance Abuse Program (ASAP) or other behavioral health programs.

The program is geared toward Soldiers who are experiencing increased stress, either personally or professionally, and whose command supports additional training in the hopes to retain and train a future leader within the ranks.

As part of the program, Soldiers will receive five

days of Master Resilience Training (MRT) and one day of Performance Enhancement training, after which each Soldier may be certified as a Resilience Training Assistant (RTA) at their commander’s discretion.

During the CSF2 portion of the course, Soldiers will receive in-depth instruction on all 12 of the CSF2 resilience skills and on two of the program’s Performance Enhancement skills (Energy Management and Goal Setting).

After completing the CSF2 portion of the course, Soldiers will be eligible to assist MRT unit training led by Soldiers (with 8-Romeo identifiers) who have graduated from the official two-week MRT course.

Additionally, Soldiers will be taught material from the CSF2 Performance Enhancement Model, which includes performance-specific skills, such as Attention Control and Integrating Imagery.

The second week includes classes on anger and stress management, sleep hygiene, suicide prevention, nutrition, financial management,

substance abuse, relationship maintenance and pain management, as well as information about Military Family Life Consultant resources. The two-week program also contains 10 physical training sessions with a certified Master Fitness Trainer, each morning, designed to improve physical readiness.

“The variety of skills taught over 10 days will positively impact each Soldier’s personal and professional lives,” said Michel.

Participants earn training points toward promotion. There are plans to conduct courses for enlisted and officers so that Soldiers who graduate from SPORT can impact all levels of leadership.

“This is truly a comprehensive approach to Soldier development, and Maj. Sam Preston and Master Sgt. Karen Brown have developed an innovative course that big Army could use as a blueprint for behavioral health prevention programming,” said Michel.

Candidates

Interested or wishing to recommend a potential SPORT candidate? Call 433-8587. All candidates will be screened for appropriateness for the IOP-1/SPORT program to ensure quality and safety of participants.

TAMC: No stone unturned

CONTINUED FROM A-1

tive is to maximize patient safety, remain committed to fiscal responsibility and ensure compliance with regulatory guidance.”

“(Swords) leaves no stone unturned,” said Zotomayor. “She epitomizes the spirit of the professional medical logistician and is truly deserving of this recognition.”

Swords said she is incredibly fortunate to have remarkable leaders who inspire and encourage her to accept new challenges and to operate outside of her comfort zone.

“It is amazing to have leaders who rally for you to succeed. During challenges, they are right beside me because they have chosen to walk with me,” said Swords. “Brig. Gen. Dennis Doyle and Col. Zotomayor have been my coaches, teachers and mentors. Any success my team and I have achieved is also their success.”

Medical Logistics

Medical logistics is an integral part of the Army health system. Medical logisticians support the requirements set forth by the Surgeon General, providing materiel acquisition and total product life-cycle management for medical material and equipment.



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9TH MSC CHANGES OF COMMAND



Photos by Capt. Liana Kim, 9th Mission Support Command Public Affairs

U.S. Army-Pacific Support Unit incoming commander, Col. George Dixon (second from right), accepts the colors as outgoing commander Col. Jonathan Wung (second from left) and Brig. Gen. John Cardwell (left), commander, 9th Mission Support Command, observe, Sunday.



Col. TaQuandra Young (right), incoming commander, receives the colors for the Theater Support Group-Pacific from Brig. Gen. John Cardwell, commander, 9th MSC, during a ceremony at Fort Shafter Flats, Saturday.



Col. Eddie Rosado (right) is awarded the Legion of Merit by Brig. Gen. John Cardwell, commander, 9th MSC, for his two years of outstanding service commanding the Theater Support Group-Pacific, the Army Reserve's only TSG, during a ceremony at Fort Shafter Flats, Saturday.

Two jobs as chief make one great warrior physician

9th MSC doc serves Pacific Army Reserve in uniform, children's hospital in scrubs

CAPT. LIANA KIM
9th Mission Support Command Public Affairs

HONOLULU — Staff and patients alike gathered at the Shriners Hospitals for Children-Honolulu to celebrate their new hospital chief of staff, Dr. (Col.) Craig M. Ono, June 5.

“Shriners Hospitals for Children is a very special place for me, and I’m proud to be part of a team that provides so much compassionate care to the children and families of Hawaii and the South and West Pacific islands,” Ono said of the children’s hospital designed to put families at ease with the aloha spirit.

When not in medical scrubs, Ono dons his uniform for Battle Training Assembly weekends as chief of staff for the 9th Mission Support Command at Fort Shafter, headquarters for all U.S. Army Reserve units throughout the Pacific region.

He deployed to Iraq and Afghanistan three times while a member of the Shriners’ Honolulu medical

staff.

“I’m honored to be able to serve this organization as the tenth chief of staff,” said Ono. “I’ve been given an opportunity to build on a legacy that began more than 90 years ago with Dr. R. Nelson Hatt, who served as the first chief of staff, and continued by Dr. Arabella Leet, who provided key leadership the past two years.”

Ono’s family, fellow Army Reservists, hospital staff, parents and patients attended the celebration, enjoying videos of humorous moments and sharing heartfelt speeches about his incredible care. One of his patients and a parent spoke about his compassionate care for children in Hawaii and throughout the Pacific.

“Dr. Ono talked about the great responsibility to our patients’ families, as they have entrusted their most valuable assets to us,” said Mahealani Richardson, Shriners director of public relations and physician liaison. “He told us that what links all of us is the commitment and dedication to providing the highest quality of compassionate care to the children and families of Hawaii and the Pacific. We all have the ability to be honest enough to



Ono

effectively mentor and teach, and the curiosity to learn from our patients and families.”

The hospital announced Ono’s appointment May 28. Ono has served as acting chief of staff since December, and he’d served as assistant chief of staff, 2006-2013.

An orthopedic surgeon at Shriners since 1992, Ono has a particular interest in lower extremity reconstruction, club feet and sports injuries.

“I am pleased that Dr. Ono has accepted our offer to become the chief of staff,” said Zeke Schmus, chairman of the Board of Governors for the hospital. “The Board of Governors unanimously approved his promotion, and under his leadership, we look to him to grow this hospital in the next decade.”

Ono plays a vital role in providing leadership with hospital administrator John White. They oversee a team of physicians and other staff who provide pediatric orthopedic and neurodevelopmental care, and conduct research and training.

The doctors and staff members of Shriners Hospitals for Children-Honolulu are experts in bone, joint, brain, dental and sports therapies, deliver-



Lt. Col. Frederick Levine, 9th Mission Support Command

Patients of Dr. (Col.) Craig M. Ono (center) celebrate Ono’s appointment as chief of staff at Shriners Hospitals for Children-Honolulu, June 5.

ing care in the heart of Honolulu to children with a variety of disorders and diseases.

“Craig Ono is perfectly suited to lead Shriners Honolulu in the chief of staff role,” said White. “He’s a talented, compassionate and driven

physician leader who understands how to care for us — families and children of Hawaii and the Pacific Basin — very, very well. On behalf of all the children we serve, congratulations on your new role and a warm welcome, Dr. Ono.”

Warriors travel tough road to USARPAC’s Best Warrior

Competition results will be announced at tonight’s 239th Army birthday celebration

STAFF SGT. KYLE J. RICHARDSON
U.S. Army Pacific Public Affairs

SCHOFIELD BARRACKS — The 2014 U.S. Army Pacific Best Warrior Competition (BWC) began with 17 professional Soldiers competing against one another in hopes of earning the title of “Best Warrior” and becoming U.S. Army-Pacific’s Noncommissioned Officer and Soldier of the Year.

The BWC coincided with the beginning of Pacific Theater Army Week, which celebrates the Army’s 239th birthday, as well as recognized our Army’s 116-year continuous presence in the Pacific region.

The USARPAC BWC competition began Monday and ended today.

Nine NCOs and eight junior enlisted Soldiers, representing USARPAC’s major subordinate and theater-enabling commands at Schofield Barracks, tested their physical and mental endurance. The troops were tested in everything from marksmanship to day and night land



Courtesy photo

Competitors knock out pushups for the 2014 U.S. Army-Pacific BWC, Monday. NCOs and junior enlisted Soldiers competed in the weeklong competition, testing various skills and abilities, to determine the USARPAC NCO and Soldier of the Year.

navigation to other various tactical battle drills, as well as professionally showcasing their abilities in a board setting.

The Soldiers participating in the BWC previously had competed against their peers during battalion and brigade-level competitions held

at different installations throughout the region.

“I went up against a lot of great Soldiers just to get here,” said Staff Sgt. Andrew Gerber-Majors, a military police officer assigned to the 247th Military Police Detachment, U.S. Army-Japan. “It’s an honor to be out here today representing my unit. I’m here to win, but I’m also here to learn.

“There are too many great NCOs from around the Pacific not to walk away with a stronger knowledge base.” Gerber-Majors added. “Every NCO needs to be well-rounded, and you need to be around great NCOs to become a better NCO.”

Sgt. Maj. Thomas Sparks, USARPAC Plans and Training senior enlisted leader, said that the competition is designed to showcase the Soldiers’ competence, character and commitment, signifying the essence of Army professionals.

“Our challenges here are similar to the challenges and obstacles the winning Soldiers will face at the Best Warrior Competition held in Washington, D.C.,” said Sparks. “From what we’re seeing so far from the Soldiers, they are on par, and the training they received has led to a good competition so far.”

All of the scores will be tallied and the NCO and Soldier of the Year will be named at tonight’s 239th Army Birthday Commemoration.

Chaplains sustain, enlighten selves during annual CAST

Story and photo by
STAFF SGT. KYLE J. RICHARDSON
U.S. Army-Pacific Public Affairs

MARINE CORPS BASE HAWAII — For the past 25 years, chaplains and their assistants throughout U.S. Army-Pacific have come together, annually, to participate in devotion, prayer and, like all Soldiers, training.

More than 80 combined USARPAC chaplains and chaplains’ assistants attended the Chaplaincy Annual Sustainment Training (CAST) held at the Joseph Estabrook Chapel, here, June 5-6.

During the two-day session, chaplains and their assistants were taught the unit ministry teams’ (UMTs’) current religious services and service multiplier techniques.

The training was developed and sponsored by the chief of chaplains, and this year’s theme was “Religious Support in a Dynamic Army.”

“Our Chaplaincy Annual Sustainment Training gives us all a chance to learn from one another,” said Chaplain (Col.) Michael Dugal, USARPAC. “Not only do we get to learn new material, but we also get an opportunity to interact with

one another. One, it’s important for UMTs to develop bonds with one another, but two, it’s also important that we’re all conveying the same messages throughout the Pacific.”

The USARPAC commanding general, Gen. Vincent K. Brooks, was the guest speaker for the opening.

“Our chaplains and chaplains’ assistants who make up USARPAC’s unit ministry teams are very important,” said Brooks. “As we come out of years of conflict and head down a road of uncertainty for our Army, it is our chaplains and their assistants who will make a difference. You all provide us with more than just religious teachings, but strength and resiliency that keep our Soldiers going during these uncertain times.”

The chaplains and their assistants also took the time to pay special honors to their top noncommissioned officer and junior enlisted Soldier.

Brooks, Dugal and Sgt. Maj. Cassandra Tribune, USARPAC command chaplain senior enlisted adviser, recognized USARPAC’s NCO and Soldier of the Year, awarding them Army Commendation medals.



USARPAC chaplains and assistants break off into small groups to discuss current issues affecting Soldiers during CAST, held June 5-6. During the two-day training session, the group discussed suicide prevention, sexual assaults, ethics and religious engagements.

“Being the USARPAC’s chaplain assistant NCO of the Year is a very humbling experience,” said Sgt. Debra Stokes, a chaplain assistant assigned to Headquarters Support Company, Headquarters and Headquarters Battalion, 25th Infantry Di-

vision. “There are a number of great chaplain assistants throughout USARPAC; I can’t let this honor go to my head. Just being a chaplain’s assistant and helping Soldiers in need are rewarding enough.”

HDOT announces full H-1 closures, change at airport

HAWAII DEPARTMENT OF TRANSPORTATION
News Release

HONOLULU — The Hawaii Department of Transportation advises motorists of full nighttime H-1 freeway closures, in both directions, and a change to the Honolulu International Airport cell phone waiting lot.

Both the closure and the change at the airport began Thursday evening.

H-1 Freeway

The H-1 Freeway will be closed from the Like- like Highway to the vicinity of Ward Avenue. The closures will take place Sunday nights through Friday mornings, through June 26, from 8 p.m. to 5 a.m., nightly.

Work will include paving, curing, striping and loop detector installation. Full closures will help expedite the project, as its July completion date gets closer.

All closures are weather dependent; the project schedule will shift due to inclement weather.

For more information and updates, including alternate routes, visit www.H1rehab.com or

the HDOT’s weekly lane closures at <http://hidot.hawaii.gov/highways/roadwork/> and follow HDOT on social media #WZAM.

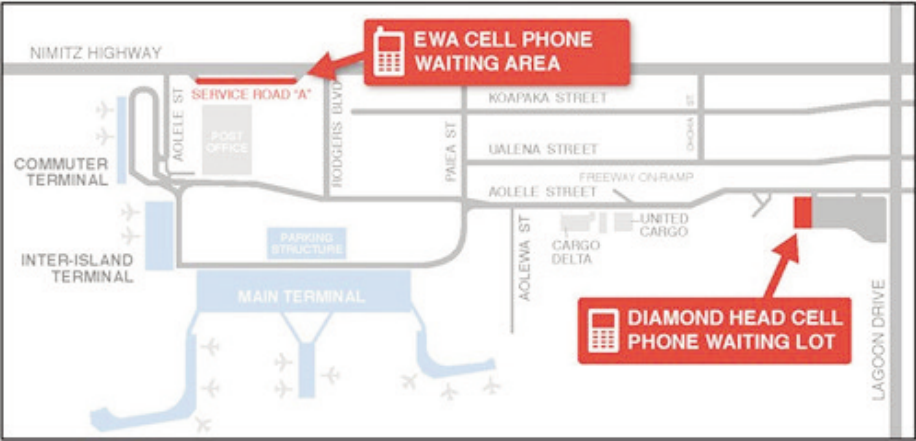
The H-1 Rehab project includes, pavement reconstruction, paving, upgraded lighting, median glare screens, drainage improvements, widening at the Nuuanu Stream Bridge and Palama Separation, and restriping of the freeway to provide four through lanes of traffic in both directions to address traffic congestion.

The HDOT urges motorists to be prepared, plan ahead and take alternate routes.

Airport

The Aolele Street cell phone waiting lot at Honolulu International Airport, which was located between the Delta and United airlines cargo facilities, were moved up the street ¼-mile in the Diamond Head (east) direction to accommodate construction of a new airport access gate.

The cell phone waiting areas are a convenient option for drivers picking up arriving passengers and eliminating the need for motorists to



The convenient cell phone parking area just relocated for construction. The lot allows drivers to await notification of arrival from passengers in the teminal, improving airport safety by preventing traffic congestion in front of the baggage claim/pick-up zones.

drive in loops around the airport waiting for arriving passengers to exit baggage claim areas. It also reduces traffic congestion fronting the baggage claim area.

Maps of the cell phone waiting areas are available on the Honolulu International Airport’s website at <http://hawaii.gov/hnl/whats-new/relocation-of-aolele-street-cell-phone-waiting-lot>.



Traffic Report lists advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources. Motorists are advised to use caution and to expect delays. For an up-to-date listing of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm.

Unless otherwise noted, all phone numbers are area code 808.

14 / Saturday

Lane Closures — The intersection of Schofield’s Trimble and Carpenter will have an open lane in all directions during construction. Lane closures will be in effect to July 11. Work hours are weekdays, 9 a.m.-2:30 p.m., and weekends, 8 a.m.-4:30 p.m. Lanes will be covered after working hours.

15 / Sunday

FS Outage — An electrical outage is scheduled for Fort Shafter, 8 a.m.-5 p.m.

Buildings 1535, 1575, 1585, 1599, 1604, Funston Housing and Nan, Inc. will be affected. Other buildings near and around those listed may be affected and should be prepared for an outage.

16 / Monday

Less Funston — One lane of Shafter’s Funston Road will be closed until June 20. The entrance to Ponciano Drive and the parking lot adjacent to Takata Field will be closed.

23 / Monday

Last Phase — Lane control will be implemented along Shafter’s Rice Street, between Herian Place and the Rice Street Bridge/Stream, 7 a.m.-5 p.m.

More Funston — One lane of Fort Shafter’s Funston Road and the parking lot adjacent to Takata Field will be closed. Work is expected to conclude June 27.

25 / Wednesday

HMR Outage — Helemano Military Reservation sees an outage, 8 a.m.-2 p.m., to install photovoltaic systems. The locations impacted may not be specific and all-inclusive.

Locations are a best estimate; the extent of the outage area may increase. Places near the outage area should be prepared.



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Army Birthday — Tonight is the 239th Army Birthday Commemoration, beginning at 6 p.m. at the Hilton Hawaiian Village. Contact your unit representative or call 438-9761.

Service Members with Student Loans — If you’re a service member with a federal student loan taken out before you entered the military, you’re no longer required to ask your student loan servicer to send in your orders for an interest rate

reduction. Your interest rate reduction will be applied automatically. Visit consumerfinance.gov/servicemembers and consumerfinance.gov/students.

VA Quality Data — The VA released the results from its nationwide access audit, along with facility level patient access data, medical center quality and efficiency data, and mental health provider survey data, for all veterans’ health facilities.

Visit www.va.gov/health/access-audit.asp.

16 / Monday

Customer Voices — Take part in a community survey. Customer feedback will help the garrison answer whether its services are meeting its customers’ expectations. Visit www.surveymonkey.com/s/2014_USAG-HI_Community_Survey.

17 / Tuesday

DeRussy — The U.S. Army

Museum of Hawaii, Fort DeRussy, reopens. The museum is free of charge and open to the public. Call 428-2825.

21 / Saturday

Flag Retirement — Retire tattered, torn and faded U.S. flags in a respectful manner at the American Flag Ceremony, 10 a.m., by the bleachers next to the 25th Infantry Division headquarters.

27 / Friday

Finance Closed — The Finance Office will be closed in order to participate in the 45th Special Troops Battalion’s Organization Day; it reopens June 30.

July 4 / Friday

Closed Gym — Schofield Barracks Health and Fitness Center will be closed July 4-5 for maintenance. It reopens, 6 a.m., July 7. Martinez Physical Fitness Center will be open.

PAU HANNA

"When work is finished."

FRIDAY, June 13, 2014

Aloha from
HAWAII

Col. (Ret.) Michael Phipps, Hillcrest High School JROTC

KANEOHE — Hillcrest High School (Ala.) cadets (from left) Meghan Hertzog, Tyeshia Henry, Faith Williams, Kaneeshia Henry, Christian Rudolph, Josh Long, Beronica Martin, Destiny Gorum, Marissa Ward and Luis Brewton pose for a picture on the Windward side of the island on their way to Marine Corps Base Hawaii, Kaneohe Bay, here, Tuesday.

JROTC challenge expands cadets' horizons

SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — Nearly 100 Army Junior Reserve Officer Training Corps (JROTC) cadets gathered from near and far — in some cases, from as far away as 4,500 miles — to participate in the annual Punahou JROTC Cadet Leadership Challenge (JCLC) Camp, held at East Range, here, June 3-7.

Supported by Soldiers from the 25th Infantry Division, 8th Theater Sustainment Command and 9th Mission Support Command, the annual competition tested 71 high schoolers in land navigation (both day and night), rappelling,

eral years ago, independently from the annual JCLC held at Area X in March, because private schools' spring break schedules don't align with those for public schools.

"Essentially, we do similar activities that are prescribed by our mandate, but we have some fun, too, with confidence exercises at the pool, and we take them over to the bowling center, so they can take a break from being out in the woods," Takao said.

The teens hailed from independent schools (or schools that do not offer JROTC) throughout Oahu, to include Punahou, Damien, Sacred Hearts, Le Jardin Academy, Kalani and Saint Louis, as well as from various home schools on the island, all vying for the titles Best Squad and Best Platoon, which were awarded at the end of the camp.

Additionally, 10 students from high schools in Alabama, Georgia and Florida made the long journey across the continental U.S. and mighty Pacific to train with a new set of peers in a tropical environment.

"Where we're from in Alabama, I think the population's only about 5,000 or 6,000 — it's small. We don't even have a Walmart; that's how small we are!" said retired Col. Mike Phipps, senior Army instructor with the JROTC program at Hillcrest High School in Evergreen, Ala.

Phipps, who was stationed in Hawaii with the U.S. Army Reserve Theater Support Group-Pacific, from 2009-12, organized the trip as a way to introduce cadets to different cultures and possibilities that exist outside their hometowns.

"There are so many things for them to see here, both historical and cultural, so talk about diversity — what an eye-opener for these kids!" Phipps said. "It gets their mind flowing, and to me, it's about providing an opportunity for them."

"I was just totally impressed with these students," Takao said. "I think it's amazing that this was the first plane ride for some of these students. They've adapted really well to the island."

"Our kids are learning just as much about Hawaii as these (local) kids are learning about the mainland," Phipps added. "It's that cross-pollination of information. That's why I wanted to bring them here."

Participating in the camp certainly taught



SCHOFIELD BARRACKS — Cadet Marissa Ward (left) of Hillcrest H.S. (Ala.) teaches knot-making to cadets from Punahou and Saint Louis School during the Punahou JROTC Cadet Leadership Challenge.

the cadets several new skills, from knot-tying to swimming to the fact that "pushups make you smarter," but what most said they will take away from the challenge was a newfound confidence acquired through interactions with new friends.

"I've met some friendly people here, especially the people in my squad," said Cadet Luis Brewton, a 15-year-old sophomore at Hillcrest.

"They've been so nice to me. They're kind of like family to me now, and I couldn't do this without them," Brewton explained. "They've showed me there are some really nice people in this world."

"At first, you're a little nervous, but once you're here, it's amazing; it's a blast!" added 17-year-old Cadet Meghan Hertzog, a senior, also from Hillcrest.

"We're just a bunch of small-town people who didn't even think we'd have this opportunity," Hertzog stated. "We're doing things that we never really could be able to do back at home. For example, I'm used to oak trees and hickory trees and pines, not this whole rocky mountain stuff! This is exotic for me!"

Following the JCLC, the visiting cadets had the opportunity to enjoy a slice of island life. The group toured

Oahu landmarks and attractions, such as the Polynesian Cultural Center, Dole Plantation and the Arizona Memorial. They also attended an authentic Hawaiian luau at Waikiki Beach and took a day trip to the Big Island of Hawaii, where they saw petroglyphs, volcanoes and black-sand beaches.

"Hawaii is really beautiful!" exclaimed the excited cadets during a breakfast pit stop at the Burger King, here, Tuesday, before heading up to the North Shore.



SCHOFIELD BARRACKS — Cadet Marissa Ward from Hillcrest High School negotiates the confidence climb obstacle during the Punahou JROTC Cadet Leadership Challenge.

"It's interesting how the culture is different — the dancing, how they (the luau performers) dress, the tattoos. ... We want to come back! We're going to miss this place," they said, adding that the experience has encouraged them to join the armed services so that they can be "stationed at different places and travel around the world."

"This was truly the trip of a lifetime," Hertzog said, "and we're so, so, so thankful to Col. Phipps for making this possible."

SCHOFIELD BARRACKS — Hillcrest High School cadet Josh Long prepares to rappel during the Punahou JROTC Cadet Leadership Challenge at East Range, here, June 5.

road marching, leadership and water safety, among other challenges, in order to "motivate young people to be better citizens," said retired Lt. Col. Bob Takao, officer in charge, JCLC.

"It's an extension of the JROTC program, but we've taken them, basically, right out of the classroom and into the field" Takao explained. "It's really a great training exercise and leadership-development tool, because it teaches kids

how to follow others and live in a field environment." According to Takao, the Punahou JCLC was created sev-



JOINT BASE PEARL HARBOR-HICKAM — Hillcrest High School JROTC cadets learn about the historical importance of the USS Missouri Battleship from Neil Yamamoto of the USS Missouri.





Briefs

Today

“Read to Me” — Summer program is underway for children up to age 5. Runs through July 12 for rewards program portion. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Summer Reading Club — The summer reading club “Paws to Read!” is for children, ages 6-12; teens, ages 12-18; and adults, 18 and older. It’s underway through July 12 for rewards.

Read one book a week and receive a weekly award while supplies last. For more details, contact USAG-HI FMWR libraries at 655-8002 (SB) or 438-9521 (FS).

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

15 / Sunday

Father’s Day Brunch — The Kolekole Bar & Grill and Hale Ikena celebrate dads and treat them to this annual tradition, with hourly seating from 9 a.m.-1 p.m. Call 438-1974 (FS) for Hale Ikena or 655-4466 for Kolekole Bar & Grill for reservations and prices.

Military discount of 10 percent for active duty and 20 percent for E1-E5. Check out www.himwr.com/dining/item/1368-fathers-day-brunch-2014 for menu selections.

Father’s Day Bowling — Bring your receipts from Father’s Day Brunch from SB Nehelani or FS Hale Ikena and dads bowl free. Includes one shoe rental and three free games at both bowling centers. Call 655-0573 (SB) or 438-9521 (FS).

16 / Monday

Workweek Lunch — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appe-

FREE SEA LIFE PARK DAY



Courtesy of USO Hawaii

WAIMANALO — USO Hawaii presents “TwilighT Tribute to the Troops,” 11 a.m.-9 p.m., at Sea Life Park for military and family members. This event is free for all military ID cardholders — active duty, reserve, retired and family members.

The park will be closed to the public all day so that Hawaii’s military families can enjoy all Sea Life’s shows and attractions. Enjoy giveaways and keiki activities, including a keiki ID station. The night will culminate with special entertainment from Chief Sielu, featuring performances from his luau show.

Free off-site parking will be available at Bellows Air Force Base with continuous shuttle service to and from Sea Life Park, beginning at 10 a.m.

This event is provided with generous support from Island Palm Communities, Hickam Communities and the Bank of Hawaii. Get more details by calling 422-1213 or visiting facebook.com/HawaiiUSO.

tizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday, at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

17 / Tuesday

Tropics Game Nights — SB Tropics Warrior Zone features monthly tournaments:

- Pool & Ping Pong tournaments every Tuesday night, and
- Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up, with tournaments beginning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698.

18 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming

programs. Call 655-1130. Attend these meetings:

- North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.
- South meetings, 10 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

Teen Wednesdays — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

19 / Thursday

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB Tropics Warrior Zone. All ID cardholders 18 and older are welcome. Call 655-5698.

20 / Friday

Summer Fun-Right Arm Night — SB Nehelani hosts “Summer Fun” with drink specials and a pupu buffet

beginning at 4 p.m. Play in the Texas Hold’em tournament, beginning at 5 p.m., for prizes.

Free entry with spouses and DOD civilians welcome to this adult event. Bring your “right arm” out to compete for the \$100 MWR buck prize. Call 655-4466.

25 / Wednesday

Manga Club — Teens are invited to discuss anything Manga, fan art and anime, 3 p.m., at SB Sgt. Yano Library. Manga Club now meets twice a month, on the second and fourth Wednesday of each month. Call 655-8002.

Ongoing

Youth Sports Volunteer Coaches — Serve as a positive role model by participating in the Youth Sports program. Call 836-1923 (AMR/FS) and 655-6465 (SB).

Happy Bowling Birthdays — As an FS bowling center special, birthday keiki will receive a commemorative, free bowling pin; for parties of 10 or more. Call 438-6733.

Ongoing

Free Concerts — The historic Royal Hawaiian Band performs free public concerts, noon, every Friday of the month on the grounds of Iolani Palace.

Volunteers Wanted — Waimea Valley seeks help to complete the Kahuale Restoration Project. The foundation is seeking volunteer groups interested in participating in its organized workdays to complete this project. Call 638-5855.

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Rd., Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilians from all military bases with base access.

Online Academic Support — Tudor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Exchange Offer — The Exchange June “Homeward Bound” campaign offers prizes including Apple MacBooks, MWR vacations or a 65-inch LG Smart TV, through July 10. Enter at www.shopmyexchange.com/homewardbound.

Pearl Harbor Celebration — Active duty, retired and dependent Army members are invited to enjoy “free pass” days, June 13-14. Paid admission is being waived for tours of the Battleship Missouri Memorial, Pacific Aviation Museum and USS Bowfin Submarine Museum and Park to celebrate the Army’s birthday.

Present a valid military I.D. at the ticket and information booth at the Pearl Harbor Visitor Center or on-site at each Pearl Harbor historic site.

Pan-Pacific Hoolaulea — This

special three-day celebration, June 13-15, includes a huge Friday night block party, a hula festival and a grand parade along Kalakaua Avenue in Waikiki. Visit www.pan-pacific-festival.com.

14 / Saturday

King Kamehameha Day Parade — This colorful celebration begins 9 a.m. and moves down King Street to Punchbowl, then moves into Waikiki via Ala Moana Boulevard. A Hoolaulea follows, 10 a.m.-3 p.m., at the Gateway Park. The events honor the reign of King Kamehameha, who was responsible for uniting the Hawaiian Islands under his rule in 1795.

17 / Tuesday

U.S. Army Museum of Hawaii — The U.S. Army Museum of Hawaii in Fort DeRussy reopens to the general public, June 17, after maintenance and repair temporarily closed the facility. The museum store, however, is open during repair work, Monday through Friday, 9 a.m.-3:30 p.m., on the east side of Bldg. 32, during construction. Call 942-0318.

20 / Friday

All American Rodeo — Three

shows at the Town and Country Stables, Waimanalo, at 7 p.m., June 20, and 1 and 7 p.m., June 21. Family friendly event includes a petting zoo, pony rides, dunk tank, climbing wall, mechanical bull riding and live country music. Call 953-5382.

27 / Friday

Commissary — The Healthy Lifestyle Festival/Farmers Market will be held 9 a.m.-5 p.m., June 27, and 8 a.m.-4 p.m., June 28-29, in the Commissary parking lot area.

July

1 / Tuesday

Summer Closure — The Fort Shafter Thrift Shop will be closed for summer break, July 1-18. It reopens July 22. Donations will still be accepted in its shed near the front entrance of the shop.

4 / Friday

5K Run — Marine Corps Base Hawaii, Kaneohe Bay, will host the Runway Run 5K, 7 a.m., July 4. Participants will have the rare opportunity to run the runway in this family friendly event, open to the public. Visit www.mccshawaii.com/races.

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
-10:30 a.m. at MPC Annex
-11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under reeltime movie listing.



The Amazing Spider-Man 2

(PG-13)
Fri., June 13, 7 p.m.
Sat., June 14, 6 p.m.
Thurs., June 19, 5 p.m. (\$2 matinee)

Rio 2

(G)
Sat., June 14, 2 p.m.



Bears

(G)
Sun., June 15, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

4TH HEADLINERS



SCHOFIELD BARRACKS — The Fourth of July Spectacular, here, at Weyand, Desiderio and Sills fields will feature new attractions this year, including the headline attraction, rock band Third Eye Blind.

In addition to entertainment by the American alternative band; Hawaii’s very own Willie K; the local 25th Infantry Division Band; and O.N.E. Nation, a 25th ID specialty band, the Directorate of Family and Morale, Welfare and Recreation, U.S. Army Garrison-Hawaii, will feature “Kendama” preregistration.

Beginning, today, Friday, June 13th, preregister online (at himwr.com) for the Kendama Tournament. Categories for young beginner, beginner, intermediate and advanced will play for 100 max per skill level. Prizes will be offered for this free event.

Still more new attractions will be featured. They include Water Zorb, carriage rides, a surfing simulator, safe archery and some commissary eating contests for hot dog, pie and watermelon lovers.

The Fourth of July Spectacular is open to Department of Defense ID cardholders and their guests, which includes military members, their families, military retirees, DOD civilian employees and their authorized guests.

See next week’s Hawaii Army Weekly for more information.

Army birthday book now an online download

ARMY NEWS SERVICE
News Release

JOINT BASE SAN ANTONIO — In celebration of the Army’s 239th birthday, the Army announced today the release of a children’s electronic book titled, “Happy Birthday U.S. Army!” which is now available online.

Child, Youth and School Services, a division of the U.S. Army Installation Management Command (IMCOM), first developed the book in 2008 as a result of a directive from the Secretary of the Army to involve children in the Child Development Centers with the Army’s birthday.

Edward Griffin, acting division chief, Marketing, IMCOM, believes the new design will resonate with children.

“We’re excited about the new design and taking the Army birthday book to a digital platform,” said Griffin. “We serve Army families around the world. Our intent was to find a cost-effective way to provide our geographically dispersed families access. We accomplished this through the development of the eBook.”

Griffin added that, “Army children are some of the most tech-savvy children in the world. It’s our vision to be able to connect with them in new and exciting ways in the future, as well.”

The “Happy Birthday U.S. Army!” book is the fourth children’s book written by Mary Ellen Pratt and co-written by Donna M. McGrath, both employees of Army Child, Youth and School Services.

Pratt explained that their intent was to develop a book to help children better understand the importance of what their parents do in the Army and what it means to be a part of the Army family.

The newly designed book includes all new, bright, colorful illustrations that bring the characters to life and tells the Army’s history through the eyes of a child.



“We’re really excited that we can now reach more children, especially those located outside of a garrison. They’ll be able to access the eBook and learn about the Army’s rich history,” said Pratt. “We live in a visual society. We knew that if we wanted children to pick up the book and keep their attention, then we’d have to create pictures that children can connect with.”

Cara Embry, the illustrator of the eBook, said that her goal was to make the illustrations fun, contemporary and fresh, similar to what you might see in a television show for kids.

“The idea was to create a children’s book that made the characters appear to be stick-ers, because children love that they are bright and whimsical,” Embry explained.

While the books are aimed primarily for children, the intent is for the entire family to get involved and use the book as an opportunity to learn and talk about their parent’s role in the Army community.

Both Pratt and McGrath believe that it is important to recognize that Soldiers are moms and dads, and hope that Army families will take advantage of the online version to read it to their children.

(Editor’s note Cara Embry contributed to this article.)

Download the Book

The “Happy Birthday U.S. Army!” book is free and available now online for download at www.armymwr.com/birthday-book.

It’s also at the Army OneSource website, under the Child, Youth, and School Services section, <https://www.myarmyonesource.com/ChildYouthandSchoolServices/ArmyBirthday/default.aspx>.

Commissaries, PX, MWR partner for lifestyle festival

KEVIN ROBINSON
Defense Commissary Agency

FORT LEE, Va. — The Defense Commissary Agency (DeCA) has unveiled its “Your Healthy Lifestyle Festival,” now underway and running through July 6 at 236 installations worldwide.

This inaugural event will allow patrons to see discounted prices on produce at commissary farmers markets, savings on workout equipment at exchanges and fitness events hosted by base Family and Morale, Welfare and Recreation activities.

With the theme “Shop Healthy! Eat Healthy! Be Healthy!” the festival reinforces the health and wellness goals of the military community, said Joseph H. Jeu, DeCA director and CEO.

“We all have a vested interest in helping service members and their families improve their health and wellness,” Jeu said. “Together, the synergy of military resale makes the installation the No. 1 destination for collaborative events, such as the Your Healthy Lifestyle

Festival.”

The festival combines commissary farmers markets, exchange sidewalk sales, MWR fitness events, demos, music, free nutritious food samples, prize giveaways, discount coupon offers, health and wellness information and children’s programs. It’s no coincidence that health and wellness is a dominant theme, especially as the Department of Defense continues to roll out its Healthy Base Initiative.

HBI is a project of DOD’s Operation Live Well, an initiative to boost the nutrition and fitness of service members, retirees, their families and military civilians.



“There’s a special ‘take care of our own’ mentality about military communities, and this festival embodies the best of that philosophy,” said Randy Chandler, DeCA sales director. “Whenever commissaries, exchanges, MWR services and our industry partners collaborate like this, our customers benefit the most.”

For DeCA, the Lifestyle Festival also gives the commissary agency an opportunity to showcase its worldwide farmers market program, an event that has offered plenty of tasty fruits and vegetables for the past three years, Chandler said.

“Our commissary associates and industry

Schofield Lifestyle Festival

The Schofield Barracks Healthy Lifestyle Festival/Farmers Market will be held at the commissary June 27-29, featuring great produce pricing, food vendors, food demos, a petting zoo, pony rides for a small fee, a bouncer, free popcorn, games and prizes.

See the overall schedule listing installations and dates at www.commissaries.com/healthy-lifestyle-festival.cfm.

partners work hard to offer quality, healthy fruits and vegetables,” Chandler said. “The creativity, imagination and excitement of the farmers markets, combined with the exchange sales and the MWR fitness events, will make this festival something our military customers cannot afford to miss.”

Birthday time and life are hot flashing before my eyes

Last week, on the morning of my 48th birthday, I had my very first hot flash.

The uncanny coincidence of this occurrence made it seem psychosomatic.

However, I could not deny the unsettling reality of the sweat moustache that had formed while I was eating my scrambled eggs. I tried to pass the event off as a fluke, but while going about my day, I started thinking, you know, I’m getting kind of old, really old.

I had always been content with the progression of my life as a Navy wife and mother of three, generally gratified to have found a calling to serve my family, rather than selfish endeavors like my own career and living location preferences. I had said many times, “As long as the kids are happy, I’m happy.”

But suddenly, life was passing before my eyes as if death were imminent. I thought about my education and quickly decided that I’d wasted it. I thought about my early work experiences as a young attorney before Navy life, and summarily concluded that my brain had atrophied from lack of use, and must now be the size of a tangerine. I thought about my



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

homemaking skills, swiftly determining that I was mediocre at best.

After decades of gleaning my own identity from the contentment of my family members, it was suddenly all about me.

Although I normally would not mercilessly rip myself to shreds, there was something about this particular birthday that had me wallowing in panicked self-loathing. Perhaps it was the hair that seemed to be clinging damply to the back of my perspiring neck. Or maybe it was the sudden lack of bladder control. Did I detect a throbbing bunion? Was I sprouting age spots?

As my 48th birthday progressed, I relentlessly berated, harangued, nit-picked, criticized and condemned myself until I could feel my spider veins bulge.

Why do I snap at the kids so much? Why can’t I seem to cook a decent meal without

turning meat into shoe leather? Why do I watch so much TV at night? Why couldn’t I ever get rid of this paunch? Why didn’t I moisturize when I was younger? Why do I always forget to bring my coupons to the commissary? Why? Why? Why?

By the time my husband came home from work, I was slumped in a kitchen chair, staring into a cup of coffee that had gone cold. I’d hit rock bottom.

“Happy birthday, Honey!” he offered with a grin.

I looked up weakly, and said, “I think I’m having some kind of mid-life crisis. Can you sit down and listen to me for a sec?”

For the next 20 minutes, my husband sat calmly in his cammies at our kitchen table, permitting me to tell him all about the hot flash and the resulting epiphany that revealed the harsh truth: I had never really amounted to much, and it was definitely too late to do anything about it.

At the risk of sounding sexist, I find that men have a unique ability to simplify complex emotional situations that women tend to overcomplicate. Or, maybe they just don’t get it. Either way, it can be helpful.

A quintessential male, my husband waited until the end of my rant, then simply got up and poured us each a glass of wine. I wondered



Courtesy photo

Mid-life crisis, a 48th birthday and the onslaught of hot flashes combine to make the author reflect about the ups and downs of life.

whether he had heard anything I’d just said. Then, holding his glass up to toast mine, he delivered the birthday joke that had become his annual tradition.

“Honey, you might have turned 48 today, but you’re built like you’re 47.”

I couldn’t help but laugh, like I always do, and in that instant, my hot flash turned into a flash flood of gratitude for the ups and downs of life, the simplicity of love and the boundless support of my little family.

(A 20-year military spouse Molinari’s column appears in military and civilian newspapers and www.themeatandpotatoesoflife.com.)

‘Triad’ advances into Week #2

TRIPLER ARMY MEDICAL CENTER
Public Affairs

Medical Command’s Performance Triad 26-week challenge now enters its second week.

For those ready to take up the 26-week challenge, each week during the challenge, different sleep, activity and nutrition tips are provided and designed for improved health.

For those ready to join, the “clinic challenge” will feature a baseline, six-week, midpoint, 18-week and end of challenge assessments.

Adults, enhance your health with sleep, activity and nutrition, vital components to healthy living. Experts recommend the following:

- Get at least 7-8 hours of sleep.
- Take 10,000 steps during your everyday routine.
- Get at least 2 ½ hours of moderate-intensity activity and two days of muscle strengthening, per week.
- Make half your plate fruits and veggies, each day, which is about eight servings, per day.
- Build a healthy plate with lean proteins, fruits, veggies, whole grains and dairy.
- Get 10 minutes of movement, every hour.



Photo courtesy U.S. Army Health Clinic-Schofield Barracks

SCHOFIELD BARRACKS — (From left to right) Lt. Col. Nicole Powell-Dunford, U.S. Army Health Clinic-Schofield Barracks; Col. Mary Krueger, commander, USAHC-SB; Sheryl Ferido, Island Palm Communities; Sgt. Maj. Douglas Wallace; and Allen Hoe, honorary guest speaker, help kick off the 26-Week Challenge Tobacco Cessation to promote the triad, June 5.

For Week 2

Personal Sleep Goal. Dedicate 8 hours each night for the next week, just for sleep.

Now that you have an idea of your sleep habits, did you get 7-8 hours of restful sleep each night?

Common barriers for achieving healthy sleep include the following:

- Variable bedtime and wake time;
- Inability to fall or stay asleep;
- Work or family responsibilities;
- Busy schedules of social, work and family life;
- Stress;
- Poor sleep environments with light, loudness and electronics; and
- Caffeine or nicotine use close to bedtime.

Personal Activity Goal. How did you do? Take a look at the activity you wrote down from last week. How can you increase your daily physical activity? What do you want to achieve by the end of this challenge?

Personal Nutrition Goal. Take a look at what you ate last week. Did you make half your plate fruits and vegetables? Did you choose whole grains? Did you include dairy at most meals?

The Performance Triad challenges adults to enhance their health. Sleep, activity and nutrition are vital components to healthy living.

(Editor’s note: Information was pulled from the Performance Triad 26-Week Challenge.)

SAN Baseline Tracking Chart	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sleep							
1. Bedtime (Time)							
2. Wake time (Time)							
3. Do you feel well rested? (Y/N)							
Activity							
1. How long did you exercise today? (Minutes)							
2. Did you get up and move 10 minutes of every hour? (Y/N)							
Nutrition							
1. Did you eat at least 5 servings of fruits and vegetables? (Y/N)							
2. Did you eat at least 3 meals (one of refueling every 4-6 waking hours)? (Y/N)							
3. Did you drink at least 8 cups of water (total 64 ounces)? (Y/N)							

Daily tracking through a baseline chart keeps a measurable table of performance.

Retirement weight gain is very common

CLAUDIA DRUM
Army News Service

Approximately half of Army retirees whose height and weight were measured at medical appointments in military treatment facilities last year had a body mass index (BMI) that classified them as obese.

Do Army retirees maintain healthier weights when compared to civilian retirees?

Obesity rates for retirees are significantly higher than the general population of the same age. Also, the rate of obesity among these Army retirees is twice as high when compared to active duty Soldiers.

BMI is a calculation of weight in relationship to height. Although it doesn’t measure body fat directly, it is a fairly reliable indicator of body fatness for most people.

A BMI greater than 30 is classified as obese and can lead to serious weight-related health problems, such as heart disease, stroke, diabetes, cancer and high blood pressure. Obesity can contribute to difficulty sleeping, breathing problems, decreased mobility, joint pain and even depression — all affecting quality of life.

U.S. Army Public Health Command (USAPHC) data estimates that Army retirees may experience an average weight gain of 4 pounds during their first year of retirement. If this trend continues over the years, it may result in significant weight gain.

In addition to BMI, your waist circumference may provide a better predictor of disease risk. A high waist circumference (greater than 40 inches for males and greater than 35 inches for females) or too much abdominal fat is one of five medical conditions that comprise “metabolic syndrome.”



U.S. Army photo

Army retirees have a significantly higher obesity rate than the overall general public, according to recent Army research.

This diagnosis (also known as Syndrome X) affects approximately 34 percent of the U.S. adult population and increases the risk of cardiovascular disease, heart failure and diabetes. It is a disorder diagnosed by a co-occurrence of three out of the five following medical conditions: excess abdominal fat, high blood pressure, high

blood sugar, high triglycerides and low high-density lipid (HDL) levels.

The likelihood of developing this syndrome increases with age.

Weight Gain Prevention

You can prevent unwanted weight gain by committing to the development and maintenance of healthy lifestyle habits. A good place to start is the U.S. Army’s Performance Triad, which focuses on three components of health: sleep, activity and nutrition.

The Performance Triad is all about getting back to the basics. Getting plenty of rest, adequate exercise and proper nutrition will help you live your life to the fullest.

Take steps today to improve your health to get the most out of your retirement years.

(Editor’s note: Drum is a registered dietitian with U.S. Army Public Health Command.)

Go Online

Check out www.choosemyplate.gov for tips to improve your food choices, eat better on a budget and liven up your meals with great recipes. Also, for meal-planning guidance tips and tricks, visit <http://www.fruitsandveggiesmorematters.org/healthy-meal-planning-guide!>